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(71) Applicant (for all designated States except US): GIULIANI S.P.A. [IT/IT]; Via P. Palagi, 2, I-20129 Milano (IT).

(72) Inventors; and

(75) Inventors/Applicants (for US only): RINALDI, Fabio [IT/IT]; Via Benvenuto Cellini, 8, I-20129 Milano (IT). SORBELLINI, Elisabetta [IT/IT]; Via Parri, 6, I-20060 Mediglia (IT). BARONI, Sergio [IT/IT]; Via Piazzolo, 3, I-24030 Villa d'Adda (IT). BENEDUSI, Anna [IT/IT]; Via N. Sauro, 9, I-20124 Milano (IT).

(74) Agent: APPOLONI, Romano; Notarbartolo & Gervasi S.p.A., Corso di Porta Vittoria, 9, I-20122 Milan (IT).

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(54) Title: USE OF SPERMINE AND/OR SPERMIDINE AGAINST SKIN AGING IN DIETARY, PHARMACEUTICAL OR COSMETIC COMPOSITIONS

(57) Abstract: The invention concerns the use of spermine and spermidine as active ingredients in the preparation of a composition for dietary, pharmaceutical or cosmetic use in humans for health and beauty of the skin and skin appendages, and related compositions for pharmaceutical or dietary or cosmetic use for administration to humans.